



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 03188, Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified

Report Date: June 24, 2017 22:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.4 Protein Factor:3.4 Nitrogen to Protein Conversion Factor:6.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Proximates						
Water	g	79.60	5	0.200	22.57	135.32
Energy	kcal	84	--	--	24	143
Energy	kJ	350	--	--	99	595
Protein	g	0.71	--	--	0.20	1.21
Total lipid (fat)	g	0.51	--	--	0.14	0.87
Ash	g	0.40	5	0.000	0.11	0.68
Carbohydrate, by difference	g	18.79	--	--	5.33	31.94
Fiber, total dietary	g	1.0	--	--	0.3	1.7
Sugars, total	g	11.10	--	--	3.15	18.87
Minerals						
Calcium, Ca	mg	91	--	--	26	155
Iron, Fe	mg	6.81	--	--	1.93	11.58
Magnesium, Mg	mg	7	1	--	2	12
Phosphorus, P	mg	29	1	--	8	49
Potassium, K	mg	111	--	--	31	189
Sodium, Na	mg	5	--	--	1	8
Zinc, Zn	mg	1.01	--	--	0.29	1.72
Copper, Cu	mg	0.055	--	--	0.016	0.093
Selenium, Se	µg	2.6	--	--	0.7	4.4
Fluoride, F	µg	1.0	3	0.100	0.3	1.7
Vitamins						
Vitamin C, total ascorbic acid	mg	15.9	--	--	4.5	27.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Thiamin	mg	0.126	--	--	0.036	0.214
Riboflavin	mg	0.156	--	--	0.044	0.265
Niacin	mg	2.020	--	--	0.573	3.434
Pantothenic acid	mg	0.195	--	--	0.055	0.331
Vitamin B-6	mg	0.101	--	--	0.029	0.172
Folate, total	µg	25	--	--	7	42
Folic acid	µg	25	--	--	7	42
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	43	--	--	12	73
Choline, total	mg	3.5	--	--	1.0	6.0
Vitamin B-12	µg	0.51	--	--	0.14	0.87
Vitamin B-12, added	µg	0.51	--	--	0.14	0.87
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	10	--	--	3	17
Vitamin E (alpha-tocopherol)	mg	0.68	--	--	0.19	1.16
Vitamin E, added	mg	0.68	--	--	0.19	1.16
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.1	0.5
Lipids						
Fatty acids, total saturated	g	0.072	--	--	0.020	0.122
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.001	--	--	0.000	0.002
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.001	--	--	0.000	0.002
14:0	g	0.001	--	--	0.000	0.002

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
16:0	g	0.060	--	--	0.017	0.102
18:0	g	0.004	--	--	0.001	0.007
Fatty acids, total monounsaturated	g	0.108	--	--	0.031	0.184
16:1 undifferentiated	g	0.001	--	--	0.000	0.002
18:1 undifferentiated	g	0.106	--	--	0.030	0.180
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.152	--	--	0.043	0.258
18:2 undifferentiated	g	0.145	--	--	0.041	0.246
18:3 undifferentiated	g	0.004	--	--	0.001	0.007
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.013	--	--	0.004	0.022
Threonine	g	0.034	--	--	0.010	0.058
Isoleucine	g	0.043	--	--	0.012	0.073
Leucine	g	0.086	--	--	0.024	0.146
Lysine	g	0.035	--	--	0.010	0.060
Methionine	g	0.024	--	--	0.007	0.041
Cystine	g	0.026	--	--	0.007	0.044
Phenylalanine	g	0.062	--	--	0.018	0.105
Tyrosine	g	0.043	--	--	0.012	0.073
Valine	g	0.058	--	--	0.016	0.099
Arginine	g	0.065	--	--	0.018	0.111
Histidine	g	0.027	--	--	0.008	0.046
Alanine	g	0.046	--	--	0.013	0.078
Aspartic acid	g	0.081	--	--	0.023	0.138
Glutamic acid	g	0.302	--	--	0.086	0.513
Glycine	g	0.051	--	--	0.014	0.087

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Proline	g	0.084	--	--	0.024	0.143
Serine	g	0.050	--	--	0.014	0.085
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0